



OCCUPATIONAL HEALTH

Office of the Chief Health and Medical Officer – Occupational Health
Monthly Newsletter November 2011

[newsletter archives](#)

◆ **EHR Update:** The Wallops Flight Facility (WFF) Health Unit staff received their 3-day training on Medgate GX October 18, 19, and 20. Training was led by Bill Walters from Medgate and supported by Dr. Verba Moore, Helen Shoemaker and Dr. Azhar Rafiq. After the Operational Readiness Review on Friday, October 21, the WFF Health Unit went live with Medgate. The staff was supported for 5-days post go live by Helen. The pulmonary function interface between Medgate GX and the EasyOne device worked successfully. The audiometric interface with Medgate GX was tested the following week by Dr. Verba Moore at the Langley Research Center (LRC) and supported by the Medgate Help Desk. They were able to successfully transfer the audiometric data after some modifications to the system settings. Additional testing is required before the Centers currently using Medgate will be able to utilize this functionality. WFF's Industrial Hygiene (IH) staff will receive training on the IH module during training for Goddard Space Flight Center in December 2011.



◆ **Annual Medgate Users Conference:** This annual event is open to all Medgate software users and is designed to give attendees an opportunity to network with other users and talk with many of the Medgate staff. The [Medgate User Group Conference](#) (UGC) offers an unparalleled opportunity to get the most out of the Medgate software. The Medgate UGC is an extremely high return-on-investment experience that will send you home well-equipped to make improvements to your processes and enhance your Medgate practice. In 2012 it will be held in Atlanta from February 29 - March 2, 2012.

◆ **Health Promotion News:** The [36th Annual Great American Smokeout](#) is November 17. Consider using the Annual American Smokeout Day to jumpstart your Center's 2012 Smoking Cessation Program. Certainly the cost savings of quitting are significant. Assuming you smoke one pack/day at \$3/pack: 365 x \$3 = \$1,095. The Center Occupational Health Clinic and Employee Assistance Program play important roles in helping NASA employees stop smoking. Like the smoke out, [American Diabetes Month](#) is in November. According to the CDC, someone is diagnosed with diabetes every 17 seconds. Diabetes kills more people each year than breast cancer and AIDS combined. Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to stop it. Our NASA workforce is likely comparable to the normal population. [Changing lifestyles](#) may be all that it takes to prevent your Center residents from becoming a diabetes statistic.



◆ **NASA HQ Fitness Center Walkers' Trek to the New Martin Luther King Memorial:** The HQ Fitness Center Walkers meet on Mondays and Wednesdays. The very capable staff of HQ's Fitness Center, Tanya Johnson, Howard Harriston and Melissa Ridgeway, lead the group and for 60 minutes, HQ walkers take various routes, passing by scenic areas such as the National Mall, Capitol, Washington Monument, Fort McNair, Southwest Waterfront, and museums and gardens. Special extended walking excursions are offered throughout the year that last slightly longer than 60 minutes, such as walking to see the cherry blossoms during peak bloom, and most recently, visiting the new Martin Luther King, Jr. Memorial. Walking is low impact, effective, accessible, and a great way to exercise and de-stress. This is a wonderful example of a Center's Fitness Program coordinating an activity which is very accessible to all Center Residents while also leveraging local sites.



◆ **Are There Enough OSH Professionals?:** A recent [NIOSH report](#) entitled, "[National Assessment of the Occupational Safety and Health \(OSH\) Workforce](#)", found that over the coming year and beyond, the national demand for OSH services will significantly outstrip the number of men and women with the necessary training, education, and experience to provide such services. Although employers plan to hire at least 25,000 occupational safety and health professionals over the next five years, only about 12,000 new graduates are expected to be available from the academic programs that provide the needed pool of expertise nationally.

◆ **National Radiation Protection Professionals Week:** The week of November 6-12, is intended to bring attention to the significant contribution Radiation Protection Professionals make to the Nation's health energy aerospace, and defense sectors.



◆ **Recognizing a New Certified Industrial Hygienist (CIH) at Marshall:** Just last weekend a Marshall Space Flight Center (MSFC) Center IH successfully completed the [CIH exam](#). Congratulations to [Todd Springer](#) from MSFC on this [noteworthy professional accomplishment](#). This is the second IH certified this year at Marshall!

◆ **NASA OH Center Review Calendar:**

- January 23 - 27, Jet Propulsion Laboratory
- ◆ **Upcoming OH ViTS & Webinars:**
 - Workers' Comp Webinar – November 3, 2:30-3:30 EDT
 - EH Value Series Webinar #4 – November 8, 1:00-2:15 EST
 - EH Value Series Webinar #5 – November 10, 2:00-3:15 EST
 - Health Promotion ViTS – December 6, 1:30-2:30 EST
 - EH ViTS – December 7, 11:00-12:00 EST
 - EAP ViTS – December 7, 2:30-4:00 EST

NASA OH Newsletter is published by the NASA OH Support Office

Send information, comments or questions to:

◆ E-mail – Bart.D.Geyer@nasa.gov ◆ Telephone – 321-867-3473

Find OH Monthly on the Internet at www.ohp.nasa.gov/newsletter/current.pdf